15% OF OUR RECOMMENDED DAILY POTASSIUM*
Contributes to normal muscle and nerve function and helps us maintain our blood pressure.

26% OF OUR RECOMMENDED DAILY CALCIUM*
Helps us maintain our bones and teeth, as well as our muscle and nerve function. 
Contributes to blood clotting.

18% OF OUR RECOMMENDED DAILY VITAMIN B12*
Plays a role in cell division and contributes to our red blood cell formation.

13% OF OUR RECOMMENDED DAILY PROTEIN*
Contributes to the maintenance of normal bones and muscle, and growth in muscle mass.

15% OF OUR RECOMMENDED DAILY THIAMIN*
Also known as vitamin B1, it contributes to normal nerve and heart function.

26% OF OUR RECOMMENDED DAILY RIBOFLAVIN*
Also known as vitamin B2, it helps us make the most of the energy we get from our food and contributes to the maintenance of normal vision and skin.

26% OF OUR RECOMMENDED DAILY PHOSPHORUS*
Helps maintain normal bones and teeth.

48% OF OUR RECOMMENDED DAILY IODINE*
Helps us maintain our skin and contributes to cognitive function.

* 150g pot low-fat fruit yogurt

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